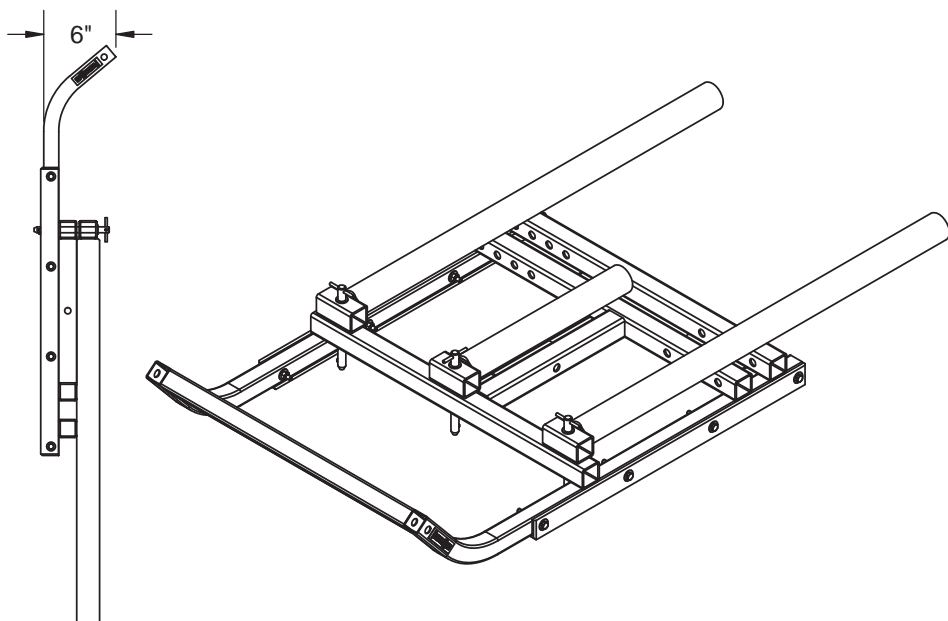




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## TA155 Push-Pull Sled SPECIFICATIONS



### **TA155 includes:**

- 1 sled frame
- 2 replaceable runners w/hardware (installed)
- 2 tall push posts
- 1 wt post
- 3 quick release pins
- 2 leads
- 1 shoulder harness

- Sled dimensions are 24" wide x 35" long x 35" high (with posts up)
- When the posts are put into the storage position the sled is less than 7" tall. The sled is designed to hang on the wall or store flat against the floor or against a wall
- Beefy construction in a compact design make this a great sled for anyone short on space
- Can hold up to 300lbs
  - Weight post fits up to four 45lb bumper plates
- Tall push posts (32") adjust to fit athletes of all sizes
  - Quick release T-grip pins lock posts into position
- Low push bar for extra tough workouts
- Harness and leads included for pulling drills
- Replaceable runners keep the sled in good working order even when used on the roughest of concrete
  - Runners not needed if used on grass





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## TA155 Push-Pull Sled INSTRUCTIONS & WORKOUTS



Clip the first lead to one hole in the front of the sled.



Clip the other lead to the other hole in the front of the sled.



Connect the leads to the shoulder harness with the carabiner.



To adjust the width of the push posts just hold the post and pull out the quick release pin, move to the new location and re-attach the pin.



When using the sled on grass it is best to remove the runners so that debris does not collect against the runners.



To reinstall the runners simply line up the holes and tighten down the hardware.

### WORKOUTS

#### Workout #1

- Complete 3 x 100 meter runs w/ 90 pounds on the sled with 1:00 rest between
- Complete 2 x 75 meter runs w/ 135 pounds on the sled with :45 seconds rest
- Complete 1 x 50 meter run w/ 180 pounds on the sled

#### Workout #2

- Load the sled with 200 pounds and push it 400 meters for time.

#### Workout #3

- Pull the sled for 5 x 40 meter sprints. Rest :90 seconds between trials. Upon completion of the 5 sprints, run 1 x 40 meter sprint without the sled.

#### Workout #4 - Partner workout

- With a partner, load the sled with 90 pounds. While Partner A pushes the sled 75 meters, Partner B is completing as many kettlebell swings as possible. When Partner A returns with the sled, Partner B pushes the sled 75 meters while Partner A completes as many kettlebell swings as possible.